

Xtreme Cuisine

Kids' Cook Book



Cool Kitchen Tips and Healthy Recipes



Cool Kitchen Tips and Healthy Recipes

This guide is designed for kids and their parents (or another supervising adult) to use together. Learning how to cook can be a fun, exciting and rewarding experience.

In order to achieve the desired results, kids must realize the importance of safety. This guide will outline some basic safety standards as it is the most important cooking skill.

Children who learn to cook at an early age will possess a basic skill that will last a lifetime. Cooking provides kids with an opportunity for creativity, an exercise in self-reliance, and insight into the natural world from which food comes. Buying, handling, preparing and tasting foods are keys to a successful experience.

Always start with fresh fruits and vegetables, whole grains, good sources of protein and other wholesome foods. Nutrition is a vital factor in the selection of any recipe.



CONTENTS



Kitchen Basics	4
Tools: Equipment for Success	6
Measure Up!	7
Do It Right	8
Knife Skills	9
Preparing a Recipe	10
Setting the Table	11



RECIPES



Fun and Fruity Snacks

Citrus Yogurt Parfait	13
Fruit Pizza	14
Creamy Mango Yogurt	15
Rainbow Cones	16
Salad of the Tropics	18
Fruit Skewers	19



Very Veggie Snacks

Broccoli Potato Skins	21
Guacamole Baskets	22
Cucumber Canoes	23
Gazpacho	24





Sandwich Time

Black Bean Quesadilla	26
Florida PB Sandwich	26
Pita Perfect	27
Tomatoes on Toast	27



A Real Meal

Steak and Avocado Salad	29
Chic Chicken Salad	30
Lemony Chicken	32
Shrimp and Veggies	33
Stuffed Peppers	34
Chicken Cucumber Cups	35
Crispy Citrus Chicken Strips	36
Sesame Pasta	37



FLORIDA HERBS 38

GLOSSARY 43

COOKING CONVERSION CHART 44





KITCHEN BASICS

Cooking Fundamentals

Have supervision.

This is the most important factor in your success. Never attempt to cook anything without asking parents or a supervising adult for permission and help.



Clean is good. Avoid cross-contamination.

This means you should always clean preparation surfaces like countertops and cutting boards. Wash hands before and after handling raw food products, especially meats and chicken.



Cut with caution.

Only handle knives when you are comfortable with one and have been given proper instructions. Keep knives visible when in use. Never hide them in soapy dish water or wrapped in a towel.



Dress for success.

Use pot holders and oven mitts when touching hot equipment and surfaces.

Wear protective clothing such as aprons and always wear closed-toe shoes.



Don't be spoiled.

Remember to keep hot foods hot and cold foods cold.

Use your head.

Stay alert; common sense is the key. Remember to ask for help and permission when using hot or heavy kitchen equipment and utensils. Safety is an ingredient in every good recipe.





TOOLS:

Equipment for Success

Cutting Board

Use this sturdy surface for chopping and slicing. (Hint: place a thin wet towel underneath the cutting board to prevent the board from moving around.)



Apron

An apron keeps your clothes clean and also protects you from hot spills.



Kitchen Spoons

Use large metal or wooden spoons for mixing ingredients.



Pot Holders

Always use thick, dry pot holders or oven mitts when handling hot surfaces such as handles on pots and pans, and when removing items from the oven.



Vegetable Peeler

Use this tool to peel skins off carrots, potatoes and other vegetables.



Spatula

Use spatulas to turn pancakes, grilled items and to remove cookies from baking sheets. Rubber spatulas are good for scraping bowls.



Whisk

A whisk is good for combining wet ingredients like cake batter and whipping cream.





Cookie Sheet



Cake or Loaf Pan



Pie Pan



Muffin Pan



Pizza Pan



Colander or Strainer

Measure Up!

Measuring Spoons

Use this tool for measuring small amounts of both dry and liquid ingredients, usually in the amount of teaspoons and tablespoons.



Measuring Cups (dry)

Use this type of measuring cup for dry ingredients such as flour, sugar and rice.



Measuring Cup (liquid)

Use this type of measuring cup for liquid ingredients such as water, milk and fruit juice.





DO IT RIGHT

Focus on one task at a time appropriate to your age and ability levels. This results in greater fun and success.



Tasks for age 7 to 9 year-old chefs:

- Slicing and chopping (with supervision)
- Peeling fruits and vegetables
- Opening cans
- Measuring ingredients
- Breaking eggs
- Setting timers

Tasks for chefs ages 10 and up:

- Almost all kitchen tasks associated with cooking
- Slicing, dicing and chopping
- Using small appliances like blenders, food processors and microwave ovens
- Baking
- Boiling
- Sautéing



KNIFE SKILLS

Most recipes require the use of a knife so it is important to own at least one good quality, sharp knife. More importantly, you should know how to use the knife safely. Always remember that a sharp knife is much safer than a dull knife. Only practice will help to improve your skill and increase your confidence.

The more comfortable you are handling knives, the more efficient you will become and preparation will take less time and be lots more fun.

Chef's Knife

Most versatile knife in the kitchen.
Good for chopping, slicing and mincing.



Serrated Knife

Great for slicing bread and other baked goods.



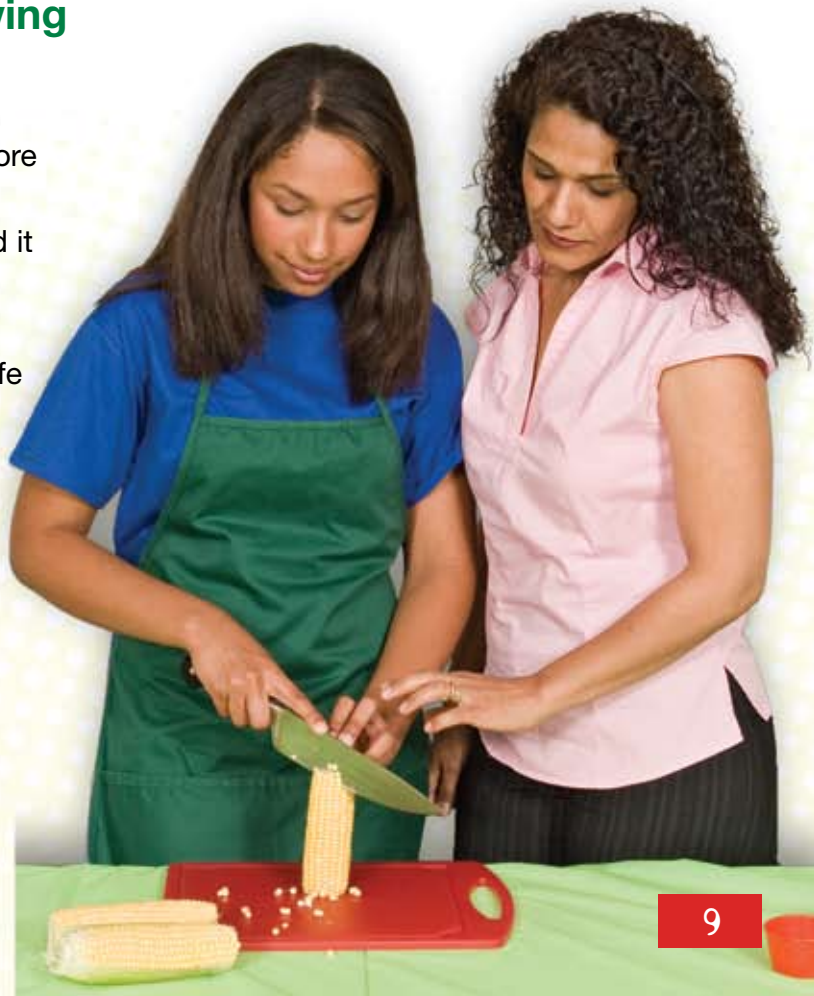
Paring Knife

Great for small hands. Can be used for cutting, peeling and trimming.



Read and understand the following before using a knife:

- Always ask a parent or supervising adult before you use a knife.
- Always hold a knife by the handle; never hold it by the blade.
- Never point a knife at a person.
- Always use a cutting board. Never use a knife directly on the countertop, stove or pan.
- Always cut away from yourself. Secure the object you are cutting with your opposite hand; remember not to place fingertips near the blade.
- Beginners can start with a sturdy plastic knife to practice correct techniques.
- GO SLOW! Take your time learning how to use a knife.
- Store your knives in plain view with the sharp edge pointing away from you.





PREPARING A RECIPE

As a beginning cook you will need to learn how to use recipes. A recipe is basically a set of instructions.

Follow these simple steps for success:

- Read recipes all the way through. Make sure you feel comfortable with the instructions.
- Make sure you have all the ingredients needed to complete the recipe, as well as the required amounts of these ingredients.
- Set all ingredients out on the counter in the order that you need to use them.
- Make sure you have proper cookware and kitchen tools required to complete the recipe.
- Identify the number of servings the particular recipe will prepare. It is usually acceptable to adjust amounts to suit your needs except for baking recipes such as cookies, cakes and bread.
- Follow instructions that ask you to do things in advance such as preheating an oven or marinating.

Serving the Meal and Clean-Up

- Always remember to keep hot foods hot and cold foods cold.
- When you have completed the recipes for your meal it will be fun to serve and eat your creations.





Remember:

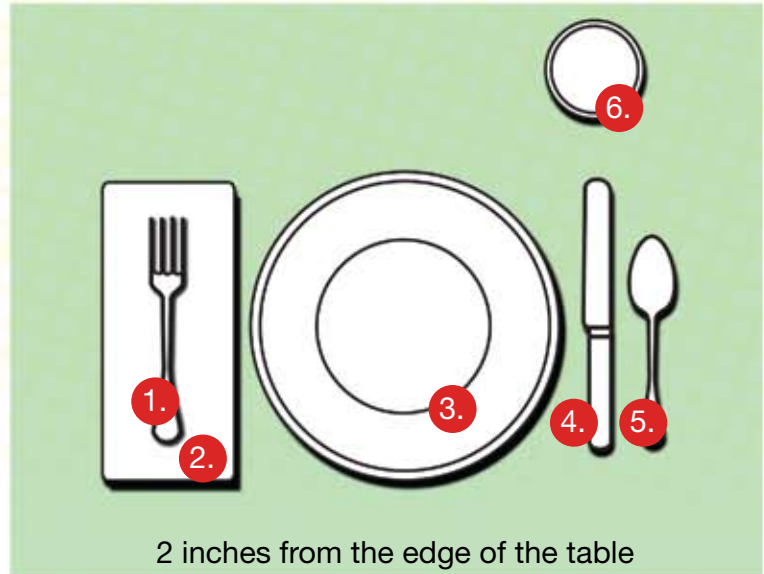
The cook is responsible for leaving the kitchen clean and neat. This includes cleaning the table, storing leftovers, cleaning plates, silverware, pots and pans, kitchen utensils and wiping down all countertops.

SETTING THE TABLE

Setting the table is a part of presenting the meal. Here are two options for your table depending on the formality of your meal.

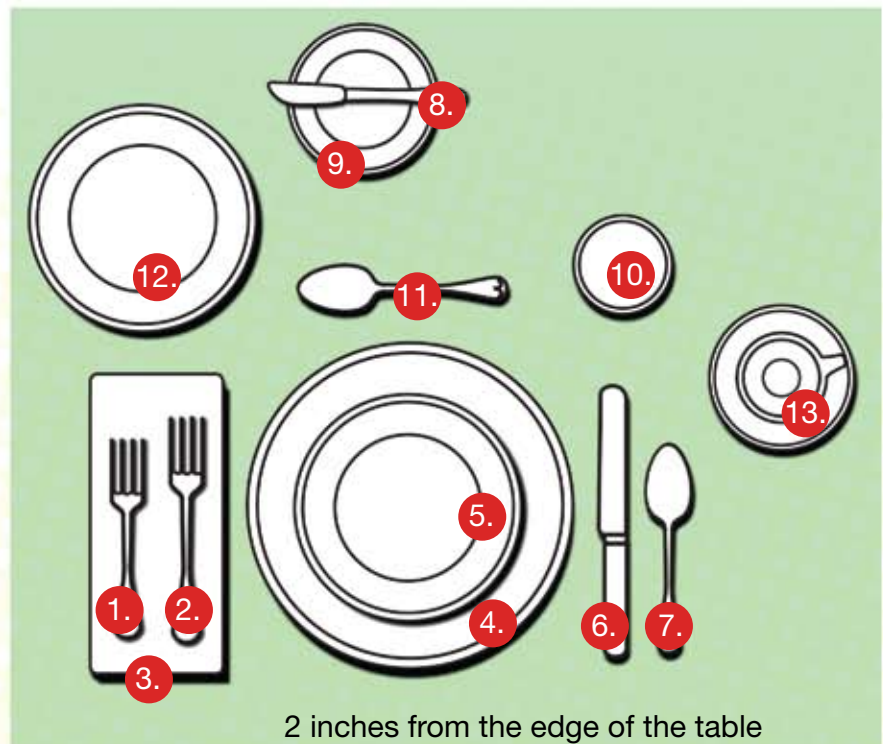
Simple Table Setting

- | | |
|-----------------|-------------------|
| 1. Dinner fork | 4. Dinner knife |
| 2. Napkin | 5. Spoon |
| 3. Dinner plate | 6. Drinking glass |



Formal Table Setting

- | | |
|-----------------|---------------------------|
| 1. Salad fork | 8. Bread knife |
| 2. Dinner fork | 9. Bread plate |
| 3. Napkin | 10. Drinking glass |
| 4. Dinner plate | 11. Dessert spoon |
| 5. Soup bowl | 12. Salad plate |
| 6. Dinner knife | 13. Coffee cup and saucer |
| 7. Soup spoon | |





FUN and FRUITY SNACKS

Citrus Yogurt Parfait



Ingredients

1 Cup	Low-fat yogurt (your favorite flavor)
¼ Cup	Florida orange juice
1 Tbsp.	Florida honey
1	Florida orange (peeled and sectioned)
½	Florida grapefruit (peeled and sectioned)
½ Cup	Florida blueberries
2 Tbsp.	Florida pecans (crushed)

Preparation Time: 10 minutes

Directions

Drain excess liquid from yogurt and combine the yogurt with orange juice and honey. Take ¼ of orange segments, grapefruit segments, and blueberries and layer in the bottom of a deep, clear glass. Sprinkle ½ tablespoon of the crushed pecans on top of fruit. Repeat this process until both parfaits are full. If desired, garnish the top of each parfait with additional pecans and fruit. Makes 2 servings.

Nutritional Value Per Serving:

*Calories 244, Total Fat 7.1g,
Saturated Fat 1.7g,
Total Carbohydrates 40.1g,
Fiber 4.2g, Protein 8.6g,
Sodium 87mg*



Fruit Pizza



Ingredients

1 (9-inch)	Whole-wheat flatbread
¼ Cup	Florida strawberries (sliced)
¼ Cup	Florida cantaloupe (sliced)
1 Cup	Florida blueberries
1	Florida orange (peeled and sectioned)
1 Oz.	Light cream cheese
1 Tsp.	Natural vanilla extract

Preparation Time: 20 minutes

Directions

Combine cream cheese and vanilla extract in a mixing bowl until well-blended. Spread the blend over the flatbread. Rinse, drain, and slice fruits as necessary. Alternate the fruit to make fun patterns and shapes. Slice bread and serve. Makes 2 servings.

*Nutritional Value Per Serving: Calories 207,
Total Fat 5.7g, Saturated Fat 3.2g,
Total Carbohydrates 37.4g,
Protein 6.3g, Fiber 8.5g,
Sodium 246mg*

**Fun Tip: Toast the flatbread
before preparing the recipe.**



After spreading the cream cheese -vanilla blend on the flatbread, slice the fruits.



Alternate and arrange the fruits in fun patterns and shapes.



Creamy Mango Yogurt



Ingredients

1 Florida mango
2 (6 Oz.) containers Low-fat vanilla yogurt

Preparation Time: 10 minutes

Directions

Stand the mango on your cutting board, stem-end down, and hold. Place your knife about ¼-inch from the widest center line and cut down through the mango. Flip the mango around and repeat this cut on the other side. The resulting ovals of mango flesh are known as the “cheeks.” What’s left in the middle is mostly the mango seed. Cut parallel slices into the mango flesh, being careful not to cut through the skin. Scoop the mango slices out of the mango skin using a large spoon.

Using a butter knife, cut the mango into chunks. Pour the yogurt into a mixing bowl and then place the mango chunks into the yogurt. Stir together. Pour the yogurt mixture into two bowls and garnish with a slice of mango, papaya or a few strawberries. Makes 2 servings.

Nutritional Value Per Serving:

*Calories 205,
Total Fat 1.75g,
Saturated Fat 1g,
Total Carbohydrates
42.5g, Fiber 4g,
Protein 8g,
Sodium 100 mg*



Pour the yogurt into a mixing bowl and then place the mango chunks into the yogurt. Stir together.



Pour the yogurt mixture into two bowls and garnish with fruit.

Rainbow Cones



Combine the first seven ingredients.



Gently fold yogurt into the bowl with fruit and vegetables.

Ingredients

½ Cup	Florida carrots (shredded)
½ Cup	Florida papaya or cantaloupe (diced)
½ Cup	Florida Pecans (chopped)
½ Cup	Grapes (sliced)
¼ Cup	Coconut (shredded)
4 Oz.	Miniature marshmallows
1 Cup	Pineapple (diced)
12 Oz.	Low-fat yogurt (your favorite flavor)
4	Low-sugar ice cream cones or bowls

Preparation Time: 15 minutes

Fun Tip: Substitute other fruit, such as mangoes or carambola according to seasonal availability.

Directions

Rinse carrots and grapes and combine first seven ingredients (carrots through pineapple) in a mixing bowl. Gently fold yogurt into the bowl and then chill mixture for one hour. Spoon mixture into ice cream cones and serve.

Makes 4 servings.

*Nutritional Value Per Serving: Calories 295,
Total Fat 12.9g, Saturated Fat 3.2g,
Total Carbohydrates 41.1g, Protein 6.6g,
Fiber 3.1g, Sodium 94mg*

Fun Tip: Vary the taste by using different flavors of yogurt. Serve in a small sundae dish with a cherry on top to mimic an ice cream sundae.



Mix all ingredients thoroughly. Then chill mixture for one hour.



Spoon mixture into ice cream cones and serve.



Salad of the Tropics



Ingredients

½ Cup	Florida strawberries (sliced)
½ Cup	Florida mango (chopped)
½ Cup	Florida watermelon (large, diced)
¼ Cup	Florida cantaloupe (large, diced)
½ Cup	Florida blueberries
½ Cup	Pineapple (diced, drained)
2 Tbsp.	Florida lime or Florida orange juice

Preparation Time: 15 minutes

Directions

Combine all ingredients, mixing gently. Refrigerate and serve. Makes 4 servings.

Nutritional Value Per Serving: Calories 68, Total Fat 0.3g, Saturated Fat 0g, Total Carbohydrates 16.8g, Protein 1g, Fiber 1.7g, Sodium 3mg

Fun Tip: Use the salad as a topping for yogurt or oatmeal.



Slice and chop all the fruits.



Combine all ingredients.



Mix gently and refrigerate.

Fruit Skewers



Ingredients

6	Florida strawberries
6	Grapes
¼ Cup	Florida watermelon (cubed)
¼ Cup	Florida cantaloupe (cubed)
1 Cup	Low-fat yogurt (your favorite flavor)
½ Cup	Granola

Preparation Time: 15 minutes

Directions

Rinse strawberries and grapes and then slide all fruit on wood skewers in a random or ordered manner until fruit runs across the entire skewer. Evenly distribute yogurt and granola on separate plates. Dip and rotate fruit skewers first in yogurt and then in granola. Carefully remove coated fruit from skewer and eat. Makes 2 servings.

Nutritional Value Per Serving: Calories 255, Total Fat 9.4g, Saturated Fat 2.5g, Total Carbohydrates 31.9g, Protein 11.5g, Fiber 3.8g, Sodium 97mg

Fun Tip: Substitute other fruit as desired. Soak wood skewers in water before use to reduce splintering.



Slide all fruit on wood skewers.



Dip and rotate fruit skewers in yogurt.



Dip and rotate fruit skewers in granola.





VERY VEGGIE SNACKS

Broccoli Potato Skins



Ingredients

- 4 Florida baking potatoes
- 1 Cup Florida broccoli (lightly chopped)
- ¼ Cup Low-fat shredded cheese

Preparation Time: 15 minutes

Directions

Wash potatoes, cover with foil and bake at 350° F for 30 minutes or until potatoes are soft. Place broccoli in a pot, cover with water and cook until tender. When potatoes have cooled, slice in half and scoop the potato out of the center. Drain broccoli pieces and mix in a bowl with shredded cheese. Place broccoli-cheese mixture into the center of potatoes. Bake at 350° F for 15 minutes or until cheese is melted. Makes 2 servings.

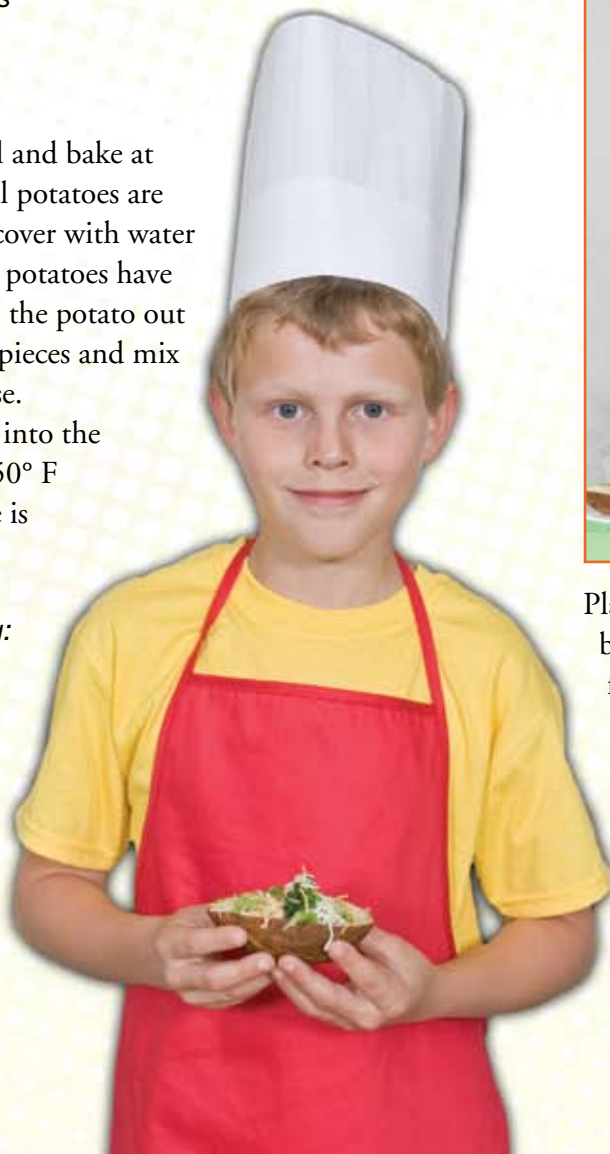
Nutritional Value Per Serving:
Calories 394, Total Fat 5.3g,
Saturated Fat 3.1g,
Total Carbohydrates 76.3g,
Fiber 8.8g, Protein 13.4g,
Sodium 137 mg



Place broccoli and cheese mixture in center of scooped-out potatoes.



Place broccoli potato skins on baking pan and bake at 350° F for 15 minutes or until cheese is melted.



Guacamole Baskets



Ingredients

- 2 to 3 Ripe Florida avocados
- ¼ Cup Sweet Florida onion (chopped)
- ½ Cup Florida tomato, zucchini or carrots (diced)
- 1 Lime (juiced)
- 2 Tbsp. Fresh Florida cilantro (chopped)
- 2 Cloves of garlic (minced)
- 3 Florida bell peppers, tops cut off (your favorite color)
- 3 Cups Florida vegetables (sliced) - bell pepper, cucumber, carrots, celery or your favorite
- Salt and pepper to taste

Preparation Time: 20 minutes

Directions

Remove stem, seeds, and white membrane from bell peppers and set aside. Slice avocado in half, twisting to separate the halves (ask an adult for help in removing the pit). Scoop the flesh of the avocado with a spoon into a medium bowl. Add the diced vegetable mixture, onion, cilantro and garlic. Stir mixture, adding lime juice and salt. Divide guacamole evenly among the halved bell peppers and top with tomatoes. Dip sliced vegetables into guacamole baskets. Makes 6 servings.

Nutritional Value Per Serving: Calories 139, Total Fat 10.1g, Saturated Fat 1.5g, Total Carbohydrates 12.5g, Protein 2.5g, Fiber 6.3g, Sodium 9mg

Fun Tip: For a party plate, place an avocado pit at the center of the dip; it will help slow the oxidation process and prevent browning.



Slice avocado in half, twisting to separate the halves.



Scoop the avocado flesh into medium mixing bowl.



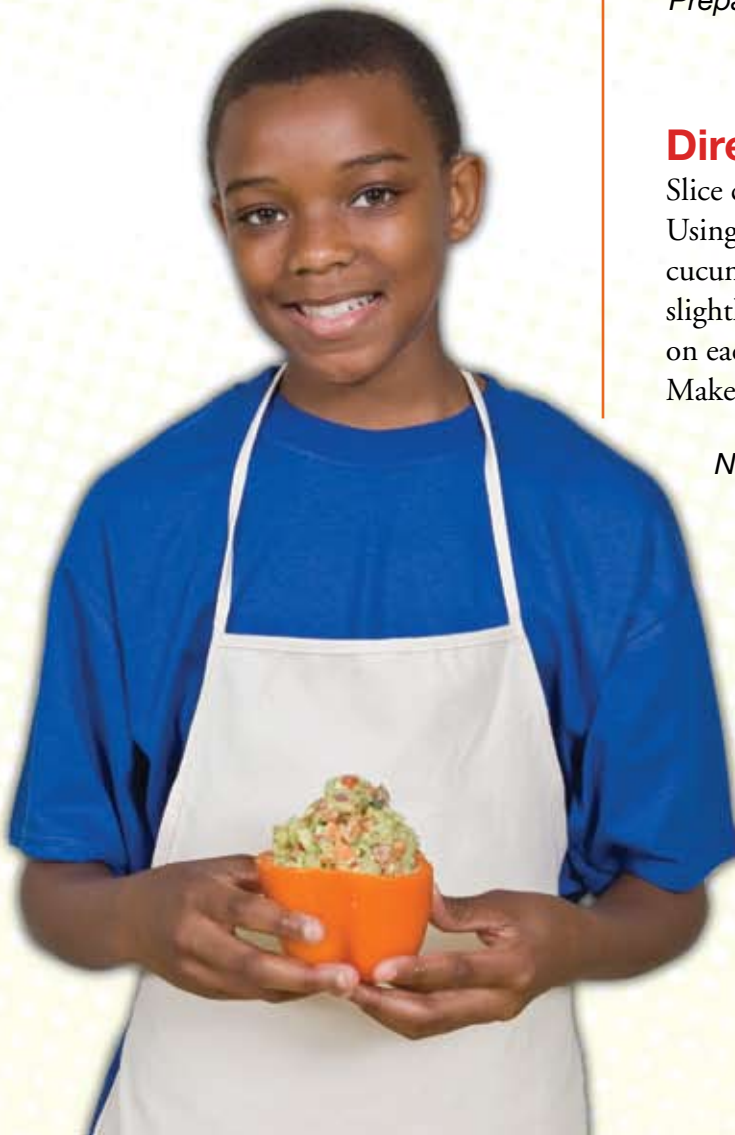
Add vegetables along with the onion, cilantro and garlic.



Stir mixture, adding lime juice and salt.



Place guacamole-vegetable mixture in bell peppers and serve.



Cucumber Canoes



Ingredients

- 1 Florida cucumber
- 2 Tbsp. Natural peanut butter
(no sugar or salt added)
- 2 Tbsp. Dried Florida fruit

Preparation Time: 10 minutes

Directions

Slice cucumber in half lengthwise to form 2 “canoes.” Using a spoon, gently scrape a small amount of the cucumber down its center to remove seeds, forming a slightly curved area. Spread 1 tablespoon peanut butter on each cucumber canoe and top it with dried fruit. Makes 2 servings.

*Nutritional Value Per Serving: Calories 236,
Total Fat 16.2g, Saturated Fat 2.5g,
Total Carbohydrates 12.3g, Fiber 2.9g,
Protein 9g, Sodium 123 mg*

Gazpacho



Ingredients

4 Cups	Tomato juice
2 Cups	Florida tomato (chopped)
1	Florida onion (small, diced)
1	Florida bell pepper (small, diced)
1	Florida cucumber (diced, seeded)
½ Cup	Florida celery (chopped)
3 Tbsp.	Florida lime juice
2 Tbsp.	Red wine vinegar
1	Clove of garlic (minced)
1 Tbsp.	Chopped fresh Florida basil (or 1 Tsp. dried basil)
1 Tbsp.	Fresh Florida cilantro (chopped)

Preparation Time: 20 minutes

Directions

Combine all ingredients in blender. Blend mixture until it reaches desired consistency. Chill 1 to 2 hours before serving, allowing all flavors to combine.

Makes 10 servings.

Nutritional Value Per Serving: Calories 38, Total Fat 0.2g, Saturated Fat 0g, Total Carbohydrates 8.8g, Protein 1.5g, Fiber 1.5g, Sodium 270mg

Fun Tip: Add or substitute other vegetables, such as squash or cauliflower, as desired. Serve tortilla strips or low-fat sour cream atop the gazpacho.



Combine all ingredients in blender.



Blend mixture until it reaches desired consistency.



Chill 1 to 2 hours before serving, allowing all flavors to combine.



SANDWICH TIME

Black Bean Quesadilla



Ingredients

8 Oz.	Black beans (drained and rinsed)
2 Ears	Florida corn (kernels removed)
½	Florida onion (chopped)
2 Tbsp.	Fresh Florida cilantro (chopped)
½ Cup	Low-fat shredded cheese (your favorite)
1	Florida tomato (chopped)
4	Whole-wheat flour tortillas (6-inch)
	Salsa for dipping

Preparation Time: 10 minutes

Directions

Lightly sauté black beans, corn kernels, onion, and tomato in pre-sprayed, nonstick pan. Remove from heat and place mixture in a bowl. Coat nonstick pan again with cooking spray and place a flour tortilla in the pan. Spoon ¼ of the black bean mixture, ½ tablespoon of cilantro, and ¼ of shredded cheese on half of the tortilla. Fold the other half of the tortilla over the ingredients. Cook for 1 to 2 minutes on each side until cheese melts and exterior looks lightly browned. Slice quesadilla into 4 pieces. Repeat process with other tortillas. Serve with salsa. Makes 4 servings.

Nutritional Value Per Serving: Calories 266, Total Fat 3.8g, Saturated Fat 0.7g, Total Carbohydrates 44g, Fiber 17g, Protein 15.5g, Sodium 380 mg

Florida PB Sandwich

Ingredients

2 Slices	Whole-wheat bread
1 Tbsp.	Natural peanut butter
3	Florida strawberries (sliced)
½ Cup	Sliced Florida papaya (or your favorite fruit)

Preparation Time: 10 minutes

Directions

Spread peanut butter evenly over both bread slices. Evenly arrange strawberry and papaya slices atop peanut butter. Serve open-faced. Makes 2 servings.

Nutritional Value Per Serving: Calories 139, Total Fat 5g, Saturated Fat 1g, Total Carbohydrates 17.9g, Fiber 3.4g, Protein 6.5g, Sodium 135mg



Pita Perfect



Ingredients

1	Whole-wheat pita pocket
4 Pieces	Low-sodium bacon (cooked)
½	Florida avocado (sliced)
½	Florida tomato (sliced)
2 Leaves	Florida lettuce
2 Tsp.	Light mayonnaise

Preparation Time: 10 minutes

Directions

Slice pita pocket in half and spread with 1 teaspoon of mayonnaise on the inside of each half. Stuff each pita half with 2 slices tomato, 2 slices avocado, one lettuce leaf and two slices of bacon. Makes 2 servings.

Nutritional Value Per Serving: Calories 262, Total Fat 16.9, Saturated Fat 4.7g, Total Carbohydrates 22.5g, Fiber 12.75g, Protein 9.25g, Sodium 356 mg

Tomatoes on Toast

Ingredients

2	Florida tomatoes
4 slices	Whole-wheat bread
2 Tbsp.	Low-fat mayonnaise
Salt and pepper to taste	

Preparation Time: 10 minutes

Directions

Remove the core from the tomatoes and cut into thin slices per tomato. Toast bread slices and assemble open-faced sandwiches by placing ½ tablespoon of mayonnaise on each slice of bread. Place tomato slices on top. Sprinkle to taste with salt and fresh-ground pepper. Garnish with carrots. Makes 2 servings.

Nutritional Value Per Serving: Calories 178, Total Fat 6.9g, Saturated Fat 0.6g, Total Carbohydrates 27.1g, Fiber 6.2g, Protein 9.6g, Sodium 359 mg





A
REAL
MEAL

Steak and Avocado Salad



Ingredients

- 1½ Lbs. Lean steak (your favorite kind, ¼-inch thick)
- 1 Large head Florida lettuce (torn into bite-sized pieces)
- 2 Florida tomatoes (chopped)
- 1 Florida avocado (peeled and sliced)
- 1 Florida onion (sliced)
- ½ Cup Tortilla chips (crushed)
- ¼ Cup Low-fat vinaigrette dressing
- Salt and pepper to taste

Preparation Time: 20 minutes

Directions

Slice visible fat from the steak and sprinkle one side of steak with a small amount of salt and ground pepper. Place the steak seasoned-side down in nonstick pan over medium-high heat. Sprinkle a small amount of salt and pepper on the unseasoned side. Cook steak about 4 minutes on each side depending on how well you like your steak cooked. Remove from heat, cover with foil, and set aside while you prepare the salad.

Combine lettuce, tomatoes, avocado, and onion in a salad bowl. Toss with vinaigrette. Slice steak into thin pieces and place them over top of the salad. Garnish with crushed tortilla chips.
Makes 4 servings.

Nutritional Value Per Serving: Calories 326, Total Fat 23g, Saturated Fat 6.3g, Total Carbohydrates 20.5g, Fiber 7.4g, Protein 14.5g, Sodium 253mg

Chic Chicken Salad



Ingredients

- 4 Oz. Chicken breast
(cooked and cubed)
- ¼ Cup Florida celery (chopped)
- ¼ Cup Florida onion (chopped)
- 1 Florida tomato
(medium-sized)
- 2 Tbsp. Reduced-fat mayonnaise
- 1 Tbsp. Fresh-squeezed lemon juice
- 1 Egg (hard-boiled)
- 1 Tsp. Mustard (your favorite kind)

Preparation Time: 15 minutes

Directions

Slice top from tomato and hollow out using a spoon. In a separate mixing bowl, combine all ingredients except tomato and stir until combined. Fill hollowed-out tomato with chicken mixture and serve. Makes 2 servings.

Nutritional Value Per Serving: Calories 216, Total Fat 11.5g, Saturated Fat 2.4g, Total Carbohydrates 6.6g, Protein 21.3g, Fiber 1.1g, Sodium 137mg

Fun Tip: If desired, substitute a bell pepper for the tomato.



Combine all ingredients except tomato in a mixing bowl.



Stir ingredients until combined.



Fill hollowed-out tomato with chicken mixture and serve.



How to Hard Boil an Egg

- Use eggs nearing their expiration date. Remove desired number of eggs from the refrigerator and let them sit at room temperature for 15 minutes.
- Place eggs in a small sauce pan and add just enough water to completely submerge the eggs. Covering the pan will lead to a quicker boil. Bring the water and eggs to a rolling boil. Immediately reduce the heat to simmer and remove the cover from the pan.
- Let the eggs sit simmering in the water for 12 minutes. (Simmer medium eggs for 11 minutes and extra-large eggs for 13 minutes.)
- Turn burner off. Carefully remove the pan from the stove and place in the kitchen sink beneath the faucet. Run water into the pan until the water in the pan is cool to the touch. Whack each egg on the side of the pan so each egg has one or two cracks. Let the eggs sit in the cool water for two to five minutes.
- Remove the cracked shell in the sink under cool running water.



Lemony Chicken



Ingredients

- 4 Chicken breasts
(boneless, skinless)
- 4 Lemons (juiced)
- 1 Tbsp. Olive oil
- 2 Cloves of garlic
(peeled and chopped)
- 4 Cups Salad greens (rinsed)
- 2 Florida tomatoes (sliced)
- 2 Florida carrots
(peeled and chopped)
- 2 Florida cucumbers
(peeled and sliced)

Salt and pepper to taste

Preparation Time: 20 minutes

Directions

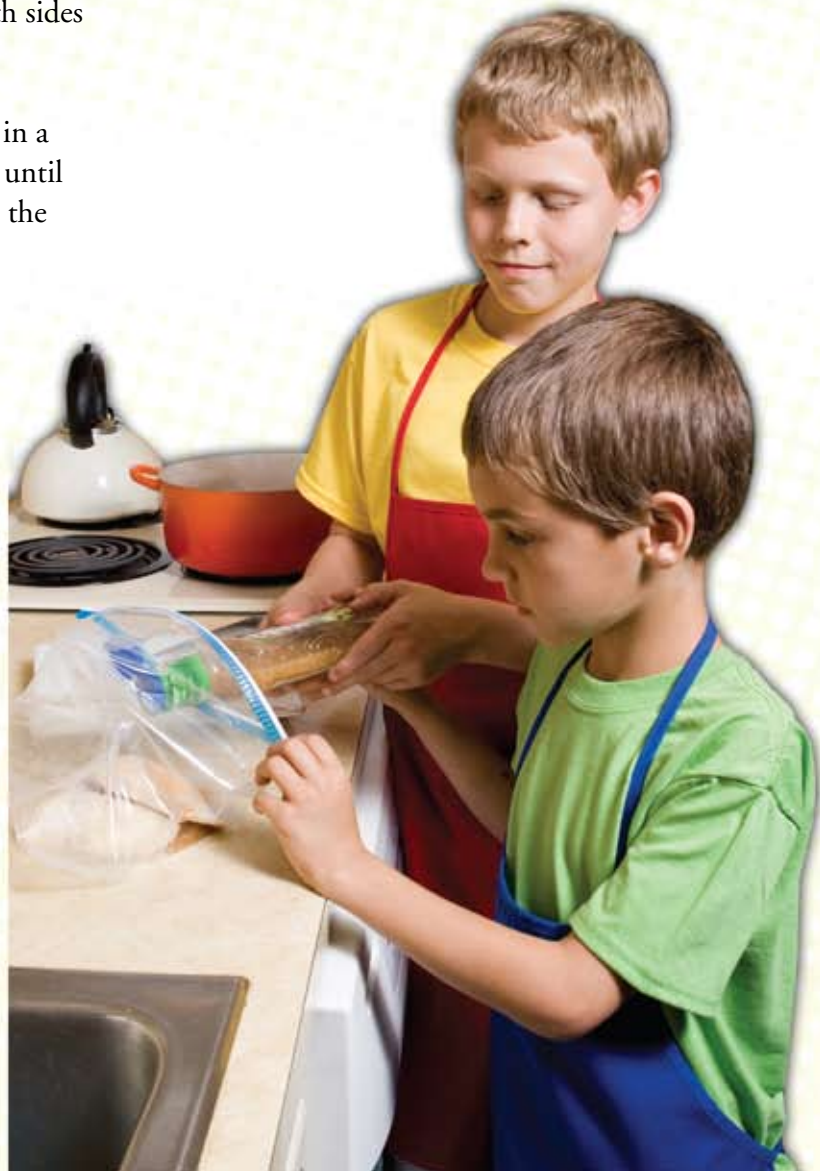
Combine lemon juice, olive oil, chopped garlic and a small pinch of salt and pepper in gallon-size plastic bag. Remove visible fat from chicken breasts and place in the same plastic bag. Marinate chicken for at least 2 hours, occasionally turning the bag over to marinate both sides equally.

Remove chicken breasts from baggie and arrange in a baking dish. Bake 10 to 12 minutes at 400° F, or until juices run clear and the meat is no longer pink in the center.

Next, combine vegetables to make 4 small salads. Additional vegetables (bell pepper, onion, and zucchini) may be added as desired.

Remove chicken from oven and let sit for 5 to 10 minutes. Serve chicken breasts on salads. Drizzle with additional lemon juice and olive oil, and serve. Makes 4 servings.

Nutritional Value Per Serving: Calories 324, Total Fat 13.1g, Saturated Fat 2.35g, Total Carbohydrates 15.5g, Fiber 3.7g, Protein 36g, Sodium 197mg



Shrimp and Veggies



Ingredients

1 ½ Lbs.	Florida shrimp (peeled and deveined)
2	Florida green bell peppers (chopped)
1	Florida red bell pepper (chopped)
1	Florida yellow bell pepper (chopped)
2	Florida zucchini (sliced)
2	Florida onions (chopped)
1 Bottle	Low-fat Italian dressing
3 Cups	Whole-wheat pasta

Preparation Time: 20 minutes

Directions

Wash and chop all vegetables into medium-sized chunks. Place vegetables in a gallon-size resealable bag, pour Italian dressing on top, seal, and shake to evenly coat vegetables. If time allows, let sit for 30 minutes.

Preheat oven to 400° F. Spread vegetables evenly over baking sheet lined with foil.

Sauté shrimp in nonstick pan about 1 to 2 minutes on each side. When done, the shrimp's tail will curl and it no longer will be translucent. Once shrimp are cooked, remove vegetables from heat. Combine shrimp and vegetables in a large platter or bowl. Prepare whole-wheat pasta according to package directions and serve with shrimp and vegetable mixture. Makes 6 servings.

Nutritional Value Per Serving: Calories 395, Total Fat 8.1g, Saturated Fat 1.3g, Total Carbohydrates 54.3g, Fiber 9g, Protein 29.9g, Sodium 197mg

Stuffed Peppers



Ingredients

½ Cup	Brown rice
1 Cup	Water
1 Lb.	Lean ground beef
1 Cup	Florida onion (chopped)
6	Florida bell peppers (any color)
1 Cup	Florida zucchini
2 Cups	Tomato sauce (½ cup reserved)
¼ Tbsp.	Garlic powder
¼ Tbsp.	Onion powder

Preparation Time: 25 minutes

Directions

Preheat oven to 450° F. Combine rice and water and cook rice according to package directions. In a nonstick pan, heat beef and onion until beef is browned and cooked through. Drain grease on absorbent paper.

While rice and beef are cooking, combine 1½ cups tomato sauce, garlic powder and onion powder in a small saucepan. Bring to a boil.

Prepare peppers by slicing off the top of each and removing all seeds and membranes inside. If needed, trim a small amount off the bottom so that the pepper will stand on its own.

Combine beef mixture, cooked rice, and ½ cup tomato sauce in bowl and spoon mixture into peppers. Place peppers in a small baking dish and pour remaining tomato sauce into the bottom of the dish. Cover dish with foil and bake for 20 minutes. Remove foil and bake for another 5 minutes. Makes 6 servings.

*Nutritional Value Per Serving: Calories 269,
Total Fat 5.7g, Saturated Fat 2g,
Total Carbohydrates 27g,
Fiber 5g, Protein 27.1g,
Sodium 276 mg*





Heat beef and onion until browned.



Combine beef mixture, cooked rice, and ½ cup tomato sauce in bowl and spoon mixture into the hollowed-out peppers.

Fun Tip: Complete your Real Meal with one of your favorite recipes from the Fun and Fruity Snack section of this book.

Chicken Cucumber Cups



Ingredients

- 2 Florida cucumbers
- 2 Chicken breasts (cooked and cubed)
- 1 Cup Fresh pineapple (chunked)
- ½ Cup Florida pecans (chopped)
- ½ Cup Florida celery (chopped)
- 1 Cup Grapes (halved)
- ½ Cup Low-fat mayonnaise

Preparation Time: 15 minutes

Directions

Cut cucumbers into two-inch sections. Use a spoon to hollow out cucumber sections, forming a cup. Combine and mix the mayonnaise, cubed chicken, pineapple, pecans, celery, and grapes in a bowl. Spoon an equal amount chicken salad into each of the cucumber cups. Garnish with shredded carrots. Makes 4 servings.

Nutritional Value Per Serving: Calories 439, Total Fat 22.5g, Saturated Fat 2.9g, Total Carbohydrates 37.5g, Fiber 3.2g, Protein 23.3g, Sodium 315 mg

Crispy Citrus Chicken Strips



Ingredients

¾ Lb.	Chicken breast strips (skinless)
1 Cup	Florida orange juice
2	Cloves of garlic (chopped)
2 Tbsp.	Low-sodium soy sauce
1 Cup	Crushed whole-corn cereal (use no-sugar cereal)
2 Tbsp.	Light brown sugar
1	Egg

Preparation Time: 20 minutes

Directions

Remove visible fat from chicken. Combine orange juice, garlic and soy sauce in a clear, resealable bag. Add chicken strips to resealable bag, seal, and marinate as time allows, 20 minutes to 1 hour.

Crush cereal and combine with brown sugar in a shallow dish. Beat egg in another shallow dish. Cover baking sheet with foil. Preheat oven to 400° F.

Remove chicken strips from marinade. One at a time, lightly coat each chicken strip in egg and coat in corn cereal mixture. Arrange chicken strips at least 1 inch apart on baking sheet. Bake for 10 to 12 minutes until juices run clear. Makes 4 servings.

Nutritional Value Per Serving:

*Calories 215, Total Fat 3.8g,
Saturated Fat 1.1g,
Total Carbohydrates 20g,
Fiber 0.5g, Protein 24g,
Sodium 206mg*



Sesame Pasta



Ingredients

14.5 Oz.	Whole-wheat penne pasta
1 Tbsp.	Low-sodium soy sauce
1 Tbsp.	Sesame oil
1	Florida yellow squash
2	Florida red bell peppers
2 Tbsp.	Sesame seeds

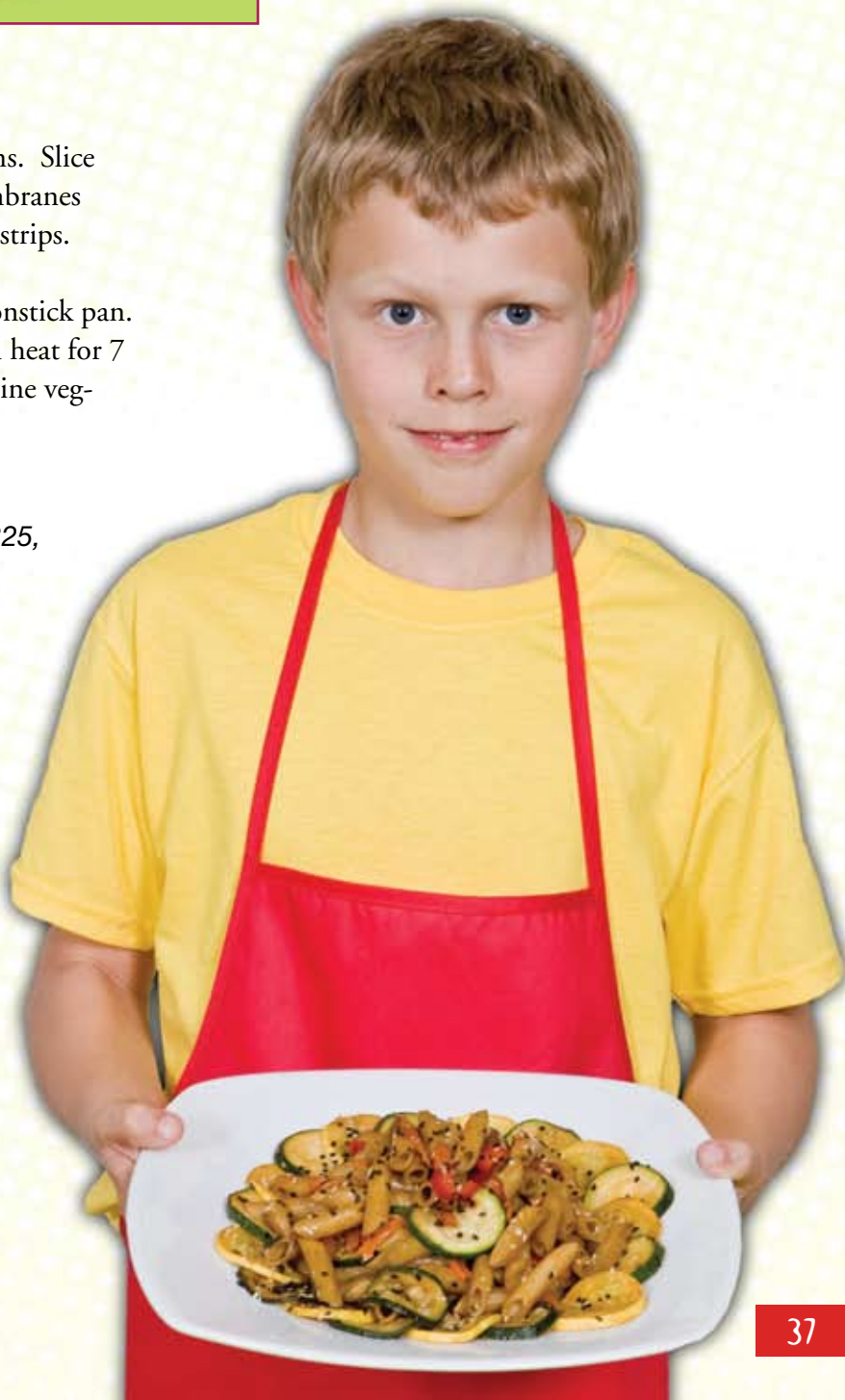
Preparation Time: 15 minutes

Directions

Cook pasta according to package directions. Slice squash and remove stems, seeds, and membranes from bell peppers. Cut peppers into thin strips.

Add sesame oil and soy sauce to a large nonstick pan. Sauté squash and bell peppers on medium heat for 7 to 10 minutes until lightly brown. Combine vegetables, pasta and sesame seeds in bowl. Makes 6 servings.

Nutritional Value Per Serving: Calories 325, Total Fat 7.5g, Saturated Fat 1.2g, Total Carbohydrates 50g, Fiber 6.6g, Protein 15.7g, Sodium 207mg



FLORIDA HERBS

provide a great way to add flavor to your recipes without increasing the use of salt, sugar and fats. Most herbs can be grown right here in Florida, maybe even in your backyard!



BASIL has large, oval, bright green leaves that house small white flower clusters.

Aroma/flavor

- Sweet, spicy aroma with a strong, fresh clove-like scent. Warm, peppery flavor with a hint of clove and undertones of mint and anise.

Culinary Uses

- Tomato sauce, pasta dishes, crumbled over baked chicken, lamb or seafood.
- Blends well with garlic, thyme and oregano.

Storing

- Lasts about one week in the refrigerator.
- Keep loosely wrapped and dry in a plastic bag.

Cooking tips

- Add toward the end to retain aroma and flavor.
- Can be used torn, chopped or shredded.
- Do not cut. This will bruise the leaf and cause it to darken quickly.
- Turns black when cooked in an acid medium such as tomato sauce.

CILANTRO has bright green fan shaped leaves with jagged edges. It is sometimes called fresh coriander or Chinese parsley.

Aroma/flavor

- Refreshing but penetrating lemony-ginger aroma with hints of sage.

Culinary Uses

- Salsas, Chinese dim sum, Indian curries and other Thai, Mexican and Asian foods.
- Makes a great fish or chicken marinade with garlic, chilies and lime juice.
- Pairs well with avocado, coconut milk, corn, cucumbers, seafood, legumes, lemons and rice.
- Complements garlic, basil, chili, chives, dill, ginger, lemon grass, mint and parsley.



Cooking tips

- Use it whole, shredded, chopped or minced.
- Turns black when cooked in an acid medium such as tomato sauce.

Storing

- Rinse before using.
- Lasts about one week in the refrigerator.
- Keep loosely wrapped and dry in a plastic bag.



DILL is used as a garnish and a seasoning. The fresh leaves are similar to anise and parsley.

Aroma/flavor

- Feathery leaves and clean, fragrant lemon and anise aroma.

Culinary Uses

- Complements seafood, creamy sauces.
- Use with beets, carrots, cucumbers, and potatoes.
- Often used in Russian, German and Greek recipes.
- Complements basil, garlic, horseradish, mustard, paprika and parsley.
- Add finely chopped dill to potato salad, soups or rice for a fresh unique flavor.
- Create a beef sauce with sour cream and horseradish.

Cooking tips

- For more intense flavor, use fresh rather than dried dill.
- Loses flavor when overheated; so add at the end.

Storing

- Lasts about one week in the refrigerator.
- Keep it loosely wrapped and dry in a plastic bag.
- Dried dill will last up to 3 months if kept sealed in a cool, dark place.

MARJORAM has gray-green leaves that contain clusters of white flowers. Sweet marjoram is one of more than 50 varieties in the oregano family.

Aroma/flavor

Mild slightly minty, citrus taste with a hint of spice.

Culinary Uses

- Salads, dressings, eggs, and mushroom sauces.
- French and English recipes.
- Thick vegetable soups and pasta, fish, game, beef, chicken, sausage and meat loaf dishes.
- Blends with cheese, tomato, beet or bean dishes.
- Makes a grilled chicken rub with garlic, salt, and course black pepper.



Cooking tips

- Add toward the end of the cooking process; its delicate flavor may be lost if added too early.

Storing

- Lasts about two weeks in the refrigerator.
- Keep loosely wrapped and dry in a plastic bag.



MINT has beautiful textured green leaves and reddish stems. It serves as a nice ground cover for the garden. Varieties which include Chocolate, black peppermint and apple originated from Southern Europe and the Mediterranean.

Aroma/flavor

A fresh fragrance with hints of lemon, peppermint, and vanilla. Sharp, sweet and warm taste with a cool aftertaste.

Culinary Uses

- Flavors lamb, chicken, veal and pork as well as marinades, jellies or salsas.
- Complements tea, sauces, vinegar and syrups.
- A good counter to spicy Indian vegetable and meat dishes.
- Used in South American slow cooked dishes with chili peppers, parsley and oregano.
- Use with fruit salads, fruit punches, desserts, chocolate and many drinks.

Cooking tips

- Used whole, chopped or minced, turns black when cooked with highly acidic foods. The flavor diminishes quickly when exposed to heat.

Storing

- Lasts about one week in the refrigerator.
- Keep loosely wrapped and dry in a plastic bag.

OREGANO is a low-growing bushy perennial which is native to the Mediterranean. It has dark green leaves with delicate hair-like texture underneath. It blooms pink to purple flowers from late summer to early fall.

Aroma/flavor

A warm sharp taste with lemon and pepper undertones.

Culinary Uses

- Essential seasoning in many Italian dishes including pizza, pastas and roasted vegetables.
- Widely used in Greek and Mexican cooking including baked fish and in Greek salads.
- Main herb flavoring in chili powder.
- Try adding sprigs of oregano on coals when grilling.
- Deepens and melds soups and sauces without overwhelming the dish.



Cooking tips

- Oregano can be used fresh or dried. When using the fresh herb, use twice the amount as dried.

Storing

- Lasts about two weeks in the refrigerator.
- Keep loosely wrapped and dry in a plastic bag.



ROSEMARY has beautiful dense evergreen foliage that blooms in late spring through summer with white, pink or pale blue flowers.

Aroma/flavor

Strong, warm and peppery. Reminiscent of pine, camphor and nutmeg. A woody, balsamic aftertaste.

Culinary Uses

- Complements cabbage, eggplant, lentils, mushrooms, onions, oranges, rabbit, tomatoes and winter squashes
- Accents lamb, pork, veal and chicken.
- Add to baked potatoes or vegetables with butter, salt and pepper.
- Use it to flavor olive oil or toss into fresh salads.

Cooking tips

- Use whole, chopped and ground.
- Unlike many other herbs, rosemary's strong flavor is not diminished with cooking, so use it with care.

Storing

- Lasts about two weeks in the refrigerator.
- Keep loosely wrapped and dry in a plastic bag.

SAGE is a shrubby plant with long oval-shaped velvety leaves. Ranges from pale gray-green to dark purple-green. Blooms blue, purple or white flower spikes in summer.

Aroma/flavor

Sharp and spicy-bitter taste with scents that combine thyme, lemon, pine and moss.

Culinary Uses

- Main flavoring for American turkey stuffing and breakfast sausage.
- Used in English pork, goose and duck dishes and Italian polenta and pasta recipes.
- Complements apples, celery, dried beans, cheese, onions and tomatoes.
- Gently heat a few sage leaves in butter for a tasty pasta sauce.



Cooking tips

- Use sparingly, only one leaf whole or minced. Too much will create an unpleasant musty taste. Sage intensifies as its leaves dry.

Storing

- Lasts about two weeks in the refrigerator.
- Keep loosely wrapped and dry in a plastic bag.



TARRAGON has long, smooth, thin, blade-like green leaves.

Aroma/flavor

Licorice fragrance with anise and warm basil-like flavor.

Culinary Uses

- French recipes, fish, poultry and egg dishes.
- Marinades, vinegars, mustards and butters.
- An essential ingredient in béarnaise and tartar sauces. Combines well with potatoes, tomatoes, yellow squash and zucchini.
- Place whole stems under fish, chicken or rabbit during cooking to infuse flavor in cooking.

Cooking tips

- Slow cooking methods diminish the aroma, but not the flavor. Use it sparingly.
- Use it fresh; the flavor is lost when it is dried.
- Use whole, chopped and minced.

Storing

- Lasts about two weeks in the refrigerator.
- Keep loosely wrapped and dry in a plastic bag.

THYME has small oval leaves in opposite pairs on slim wiry stems. It is a low-growing evergreen native to the Mediterranean.

Aroma/flavor

Highly aromatic herb hints of cloves and a mint taste. Flavors range from lemon to lavender.

Culinary Uses

- Use in soups, stews, casseroles and other slow cooking dishes.
- Add limited quantities to stocks, marinades, stuffings, sauces and soups.
- Use with white wine to slow cook chicken, rabbit and shellfish.
- A great addition to homemade bread.



Cooking tips

- Use sprigs and leaves whole or minced.
- Blackens when cooked in acid-based recipes.

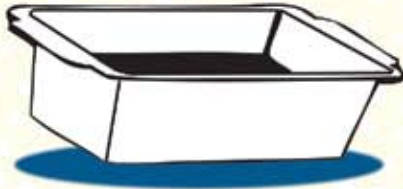
Storing

- Lasts about two weeks in the refrigerator.
- Keep loosely wrapped and dry in a plastic bag.

GLOSSARY

Bake:

To cook in the oven



Beat:

To stir hard



Blend:

Combining foods into a uniform mixture



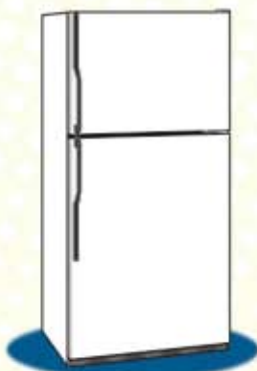
Boil:

To cook in a liquid that is bubbling hot



Chill:

To put in the refrigerator to cool



Chop:

To cut into small pieces



Drain:

To remove liquid by pouring through a colander or strainer



Mix:

To combine ingredients



Peel:

To remove the skin or peel of a fruit or vegetable



Simmer:

To cook in a pot over medium-high heat, just barely bubbling



Whip:

To use a whisk to combine ingredients or stir vigorously





Cooking Conversion Chart

MEASURE FOR MEASURE

Amount	Measure
Berries	
1 pint	2 1/4 cups
Butter or Margarine	
1/2 stick.....	1/4 cup or 4 Tbs
1 pound	4 sticks or 2 cups
Cheese	
8 oz cream cheese	1 cup
8 oz cottage cheese	1 cup
4 oz Parmesan, grated:	1 1/4 cups
Chocolate	
1 square	1 oz.
1 6-oz package semisweet pieces..	1 cup
Cookies	
1 cup of crumbs	9 chocolate wafers, 22 vanilla wafers or 14 graham cracker squares
Cream	
1 cup heavy cream	2 cups whipped
Dried Beans and Peas	
1 cup	2 1/4 cups cooked
Pasta	
8 oz elbow macaroni	4 cups cooked
8 oz medium-wide	3 3/4 cups cooked
8 oz spaghetti	4 cups cooked
Rice	
1 cup white	3 cups cooked
1 cup converted	4 cups cooked
1 cup instant	1 1/2 cups cooked
1 cup brown	3 to 4 cups cooked
Sugar	
1 lb granulated	2 cups
1 lb brown, firmly packed	2 1/4 cups
1 lb confectioners'	4 1/2 cups
Liquid Measures	
1 fluid ounce	2 tablespoons
2 fluid ounces	1/4 cup
4 fluid ounces	1/2 cup
8 fluid ounces	1 cupS

IN A PINCH SUBSTITUTIONS

If The Recipe Calls For:	Substitute:
1 square unsweetened chocolate	3 Tbs. unsweetened cocoa powder + 1 Tbsp. butter or margarine
1 cup cake flour.....	1 cup less 2 Tbsp. all-purpose flour
2 Tbs. flour (for thickening).....	1 Tbsp. cornstarch
1 cup corn syrup	1 cup sugar + 1/4 cup additional liquid used in recipe
1 cup milk.....	1/2 cup evaporated milk + 1/2 cup water
1 cup buttermilk or sour milk.....	1 Tbsp. vinegar or lemon juice + enough milk to make 1 cup
1 cup sour cream (for baking)	1 cup plain yogurt
1 cup firmly packed brown sugar	1 cup sugar + 2 Tbsp. molasses
1 tsp. lemon juice	1/4 tsp. vinegar (not balsamic)
1/4 cup chopped onion	1 Tbsp. instant minced
1 clove garlic	1/4 tsp. garlic powder
2 cups tomato sauce.....	3/4 cup tomato paste + 1 cup water
1 Tbsp. prepared mustard.....	1 tsp. dry mustard + 1 Tbsp. water

HOW TO KNOW WHAT YOU NEED

When The Recipe Calls For: You Need:

4 cups shredded cabbage	1 small cabbage
1 cup grated raw carrot.....	1 large carrot
2 1/2 cups sliced carrots.....	1 lb raw carrots
4 cups cooked cut fresh green beans...	1 lb beans
1 cup chopped onion	1 large onion
4 cups sliced raw potatoes	4 medium potatoes
1 cup chopped sweet pepper	1 large pepper
1 cup chopped tomato.....	1 large tomato
2 cups canned tomatoes.....	16 oz can
4 cups sliced apples.....	4 medium apples
1 cup mashed banana.....	3 medium bananas
1 tsp. grated lemon rind	1 medium lemon
2 Tbsp. lemon juice	1 medium lemon
4 tsp. grated orange rind.....	1 medium orange
1 cup orange juice.....	3 medium oranges
4 cups sliced peaches.....	8 medium peaches
2 cups sliced strawberries.....	1 pint strawberries
1 cup soft bread crumbs	2 slices fresh bread
1 cup bread cubes	2 slices fresh bread
2 cups shredded Swiss/Cheddar.....	8 oz cheese
1 cup egg whites	6 or 7 large eggs
4 cups chopped walnuts/pecans.....	1 lb shelled



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